

“MONET’S MIRROR”: IMPRESSIONIST-STYLE PASTEL WORKSHOP WITH PASTELIST GREGORY JOHN MAICHACK

The Foxborough Council on Aging located at 75 Central Street in Foxborough, is fortunate to host award-winning pastel artist Gregory John Maichack again at the senior center with an all-new workshop: Monet’s Mirror: How to pastel paint Monet’s “Water Lilies,” on Thursday, April 11th from 11:00 p.m. to 1:00 pm. This pastel painting workshop for all skill levels is FREE and open to the public. Imagine using the actual imagery that inspired Monet to paint his “Water Lily” paintings. Come and produce your own unique pastel painting as Maichack shares his water garden photos taken on site at Monet’s home studio in Giverny, France. Quickly learn how easy pastel painting is from Maichack’s long experience teaching pastel techniques. All strokes and techniques to produce an Impressionist pastel painting are shared: scumbling, blending, slurring, feathering, layering, fracturing and broken color, and master an effect Monet prized the most, Impressionist Shimmer. As always, all will keep their pastel paintings and use hundreds of Maichack’s professional-grade pastels, paper, and materials. Mr. Maichack, nominated twice for a Massachusetts Gold Star Program Award, will display his original pastel artwork to illustrate his talk. Mr. Maichack’s workshops have been so well liked many libraries and senior centers have booked and rebooked him. Artist Gregory John Maichack is a portraitist and painter working primarily in pastels and winner of numerous awards and hundreds of Massachusetts Cultural Council grants. Visit his new web site at www.GregoryMaichack.com. Seats may fill quickly, so please call 508-543-1252 to pre-register for this free, hands-on workshop with all supplies provided. This project is supported in part from a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Monday, March 18

Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Knitting 1:00 p.m.
Shaw’s 1:00 p.m.

Tuesday, March 19

AARP Tax Prep (by appointment) 8:30 a.m.
Stretch and Balance 8:30 a.m.
Blood Pressure Clinic 10:00 a.m.
Nutrition 11:00 a.m.
Movie Day “Dolphin’s Tale” 12:30 p.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, March 20

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Line Dancing 11:15 a.m.
Video Lecture Series: History of the United States 12:30 p.m.
TRIAD 1:00 p.m.
Dollar Tree Store/Ocean State Job Lot 1:00 p.m.
Zumba 2:30 p.m.

Thursday, March 21

Ceramics 9:00 a.m.

SHINE 10:00 a.m.
Low Vision Support Group 1:00 p.m.
COA & HS Advisory Board Meeting 5:00 p.m.

Friday, March 22

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Cribbage 11:00 a.m.
Card Making 11:00 a.m.
Conversational Italian-Movie "Uncle Nino" 1:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, March 27th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of pizza, garden salad, cake and milk to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

JOIN THE ITALIAN CLASS FOR AN ITALIAN FAMILY MOVIE

The Italian class, led by volunteer teacher Lucy Erhard, which meets at the senior center is inviting you to join them on Friday, March 22nd at 1:00 p.m. to watch an Italian family movie classic entitled "Uncle Nino." A visit from a distant relative teaches a modern family about old-fashioned values in this family drama. Robert Micelli (Joe Mantegna) and his wife Marie (Anne Archer) are a couple living in Chicago with their two children, 15-year-old Bobby (Trevor Morgan) and 12-year-old Gina (Gina Mantegna). The Micelli Family is not as close as it once was; Robert is busy with work as he tries to earn a promotion, Marie has given up on cooking as a hobby, Bobby has started a rock & roll band with his friends and prefers to hang out with them, and Gina wants both a puppy and more attention from her dad. One day, Robert's elderly Uncle Nino (Pierrino Mascarino) arrives for a visit from Italy -- much to the surprise of the family, since Gina misplaced the letter Nino sent to announce his impending arrival. It doesn't take long for Nino to see that he's staying with an unhappy family, and he reaches out to them, reintroducing Marie to her love of good food, teaching Bobby about music, and teaching Gina about caring for pets and enjoying life; however, convincing Robert to spend more time with his family and less time worrying about work turns out to be a tough sell. This endearing film was the winner of the Crystal Heart Award at the Heartland Film Festival. Please call 508-543-1252 to let us know you will be coming.

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the remaining Wednesdays: March 20th, 27th, and April 3rd. Please call the senior center at 508-543-1252 to sign-up.

REGULARLY SCHEDULED

MEN'S BREAKFAST WITH DIRECTOR OF VETERAN SERVICES

Join us for a delicious breakfast and some socialization on Thursday, March 28th at our next Men's Breakfast when Mike Johns, Director of Foxborough Veteran Services will be here to talk about regionalization, new programs and suicide prevention for veterans. The men will be served breakfast at 9:00 a.m., and the

presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Monday, March 25th. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, March 28th at 1:00 p.m. and see “A Fish Called Wanda.” Jamie Lee Curtis plays an ambitious con artist who uses every ounce of her sexual wiles to obtain a fortune in jewels stolen by her gangster lover Tom Georgeson. First, she romances Georgeson's dimwitted but deadly henchman Kevin Kline (who won an Academy Award for his performance). Then, to clear the path for her getaway with Kline, Jamie woos Georgeson's starched-shirt attorney, John Cleese -- and it's Cleese whom she genuinely falls in love with. Michael Palin, Cleese's former Monty Python cohort, plays a stuttering mob flunkie who continually messes up his one big assignment: killing a little old lady (it isn't that he has any qualms about knocking off the old dear; it's just that her pet dogs keep getting in the way). You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on March 25th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, March 26th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

SENIOR CENTER PROGRAMS ON CABLE

For your viewing pleasure, Foxboro Cable Access will be airing our programs on Comcast Channel 22 and Verizon channel 38 on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. Watch for “Your Scene, Your Center.” “Your Scene” refers to information pertinent to seniors. “Your Center” refers to the special events at the senior center. If you are unable to attend a program or would like to see one again, please tune in for continuing coverage, or check out our DVD lending library to view our taped programs.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on March 20th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on March 21st. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding

towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, March 19th at 12:30 p.m. when our feature presentation will be "Dolphin Tale." Starring Harry Connick, Jr., Ashley Judd, Kris Kristofferson and Morgan Freeman, this story is inspired by the amazing true story of a brave dolphin and the compassionate strangers who banded together to save her life. Swimming free, a young dolphin is caught in a crab trap, severely damaging her tail. She is rescued and transported to the Clearwater Marine Hospital, where she is named Winter. But her fight for survival has just begun. Without a tail, Winter's prognosis is dire. It will take the expertise of a dedicated marine biologist, the ingenuity of a brilliant prosthetics doctor, and the unwavering devotion of a young boy to bring about a groundbreaking miracle-a miracle that might not only save Winter but could also help scores of people around the world. Please call 508-543-1252 to sign-up.

VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"-*please note time change on some dates*

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History Of The United States" on Wednesdays at the senior center through May 8th from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow! ** *March 20th, March 27th, and April 3rd this series will be shown at 12:30 p.m.*

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

March 20 Dollar Tree/Ocean State Job Lot

March 27 Luncheon Outing @ Applebee's

April 3 Christmas Tree Shops

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Mary Kay Grzenda of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Thursday, March 21st. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

TRAVEL AND ENTERTAINMENT

NEWPORT PLAYHOUSE

Join the Foxboro seniors as we travel to the Newport Playhouse on Thursday, May 9th for one of the “Best Buffets in Rhode Island” and a great performance of “Spreading It Around.” This light-hearted comedy about a wealthy widow in a retirement community who is tired of handing out money to her unappreciative children, starts the S.I.N. (Spending It Now) Foundation to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that! A great buffet-a wonderful play-& a fun-filled cabaret! The cost for this day trip is \$87 per person including driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, April 12th. Your motorcoach bus will depart from St. Mary’s Church parking lot at 9:30 a.m. on Thursday, May 9th and will return home at approximately 5:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

WRIGHT’S FARM & BINGO TRIP

Come along and join the fun with the Foxboro seniors on Thursday, April 18th at Wright’s Chicken Farm in Harrisville, Rhode Island. Enjoy a delicious meal of Wright’s famous chicken, salad, and pasta shells with sauce. The mealtime will be followed by Bingo sponsored by the Friends of Foxboro Seniors. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Feel free to play along, watch the activities, or visit the gift shop if you prefer. We will leave Saint Mary’s parking lot at 10:30 a.m., travel by school bus to the farm, and will return home by 4:00 p.m. The cost of this trip is \$18 per person and is due by Friday, March 29th. Sign-up for this trip by calling the senior center at 508-543-1252.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, March 18

Shepherd's Pie
Glazed Carrots
Multigrain Roll
Cookie

Tuesday, March 19

Vegetarian Chili
Brown Rice
Whole Wheat Roll
Butterscotch Pudding

Wednesday, March 20

Chicken Vegetable Soup
BBQ Chicken
O'Brien Potatoes
Finger Roll
Fresh Fruit

Thursday, March 21

Meatloaf W/Onion Gravy
Garlic Mashed Potatoes
Mixed Vegetables
Whole Wheat Bread
Peaches

Friday, March 22

Salmon Boat W/Dill Sauce

Whipped Potatoes

Cut Green Beans

Wheat Bread

Mixed Fruit